

Postpartum depression: what about the fathers ?

Stéphanie CULOT * & Justine GAUGUE **

* PhD Student (stephanie.culot@umons.ac.be) ** PhD, Head of Unit (justine.gaugue@umons.ac.be) Child and Youth Clinical Psychology Unit, Faculty of Psychology and Education, University Of Mons, Belgium

Introduction

- Perinatal period = suitable conditions to ulletdevelop psychiatric disorders (Dayan, 2007; Goodman, 2004)
- Aims Large number of scientific research about 2 the mother or the child multiparous) Growing interest on the father but major gap \bullet in the French speaking population Lack of focus on a global perception of the 3 factors ?) paternal experience

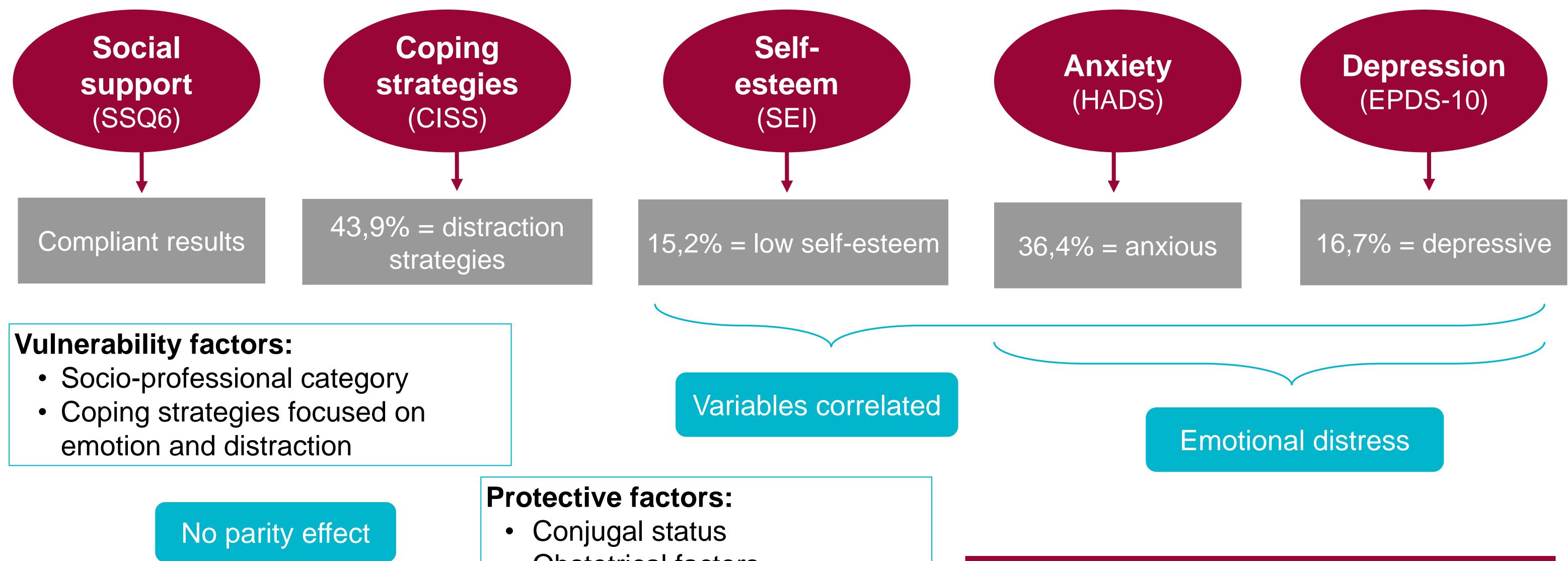
Describe (Depression ? Anxiety ? Coping strategies ? Social support ? Self-esteem?)

Compare (Primiparous vs.

Correlate (Vulnerability factors? Protective

Method	
Inclusion criteria:	Sample:
Male Atlaget 19 years old	• $N = 66$
 At least 18 years old Have a newborn child for 5 days maximum 	Age group: 19-51 years
 Understand and speak French fluently 	 33,8% of married men 30 primiparous vs. 36 multiparous
Exclusion criteria: • Newborn in the neonatology unit	 30,8% of cesarean delivery Recruitment: CHU Ambroise Paré (Mons, Wallonia)

Results



- **Obstetrical factors**
- Availability of social support \bullet

Discussion:

- Specificity of the postpartum period? • Perspectives:
 - Longitudinal approach • Qualitative approach • Sample enlargement

Conclusion:

- Results are globally consistent with previous research (Figueiredo et al., 2011; Skari et al., 2002) **BUT** higher rates of anxiety and depression
- Relations between several variables
- Multidimensional phenomenon

Need to consider the overall experience

References: Dayan, J. (2007). Clinique et épidémiologie des troubles anxieux et dépressifs de la grossesse et du post-partum. Revue et synthèse. Journal de Gynécologie Obstétrique et Biologie de la Reproduction, 36 (6), 549-561. Goodman, J.H. (2004). Paternal postpartum depression, and implications for family health. Journal of Advanced Nursing, 45 (1), 26-35. Figueiredo, B. & Conde, A. (2011). Anxiety and depression in women and men from early pregnancy to 3-months postpartum. Archives of women's mental health, 14 (3), 247-255. Skari, H., Skreden, M., Malt, U.F., Dalholt, M., Bjornstad Ostensen, A., Egeland, T. & Emblem, R. (2002). Comparative levels of psychological distress, stress symptoms, depression and anxiety after childbirth: a prospective populationbased study of mothers and fathers. BJOG: An International Journal of Obstetrics & Gynaecology, 109 (10), 1154-1163.